



## Is grass-fed beef better for you?

Recent research from the US suggests that grass-fed beef may be better for human health than grain-fed beef. The 2009 study was a joint effort between the USDA and researchers at Clemson University in South Carolina. A comparison between corn-fed beef and grass-fed beef showed that grass-fed beef had the following 10 differences:

1. Lower in total fat
2. Higher in beta-carotene
3. Higher in vitamin E (alpha-tocopherol)
4. Higher in the B-vitamins thiamin and riboflavin
5. Higher in the minerals calcium, magnesium, and potassium
6. Higher in total omega-3s which may help reduce high blood pressure and cholesterol levels
7. A healthier ratio of omega-6 to omega-3 fatty acids (1.65 vs 4.84)
8. Higher in CLA (Conjugated Linoleic Acid cis-9 trans-11), a potential cancer fighter which has also been shown to reduce heart disease, increase bone density and reduce the onset of diabetes
9. Higher in vaccenic acid (which can be transformed into CLA)
10. Lower in the saturated fats linked with heart disease

S.K. Duckett *et al*, *Journal of Animal Science*, (published online) June 2009, "[Effects of winter stocker growth rate and finishing system on: III. Tissue proximate, fatty acid, vitamin and cholesterol content.](#)"

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